

EDUCATIONAL PROGRAMMING

COMMUNITY DEVELOPMENT

Paul Roback | 262-335-4480

Paul and Carol Bralich co-facilitated a **Real Colors® Staff Development Training** for 22 participants from six Washington County Organizations. Real Colors® is a fun and interactive workshop that teaches participants skills to understand human behavior that are easily incorporated into everyday life. End of session evaluations indicate that 96% of participants increased their ability to recognize their strengths and 95% increased their ability to recognize the strengths of others. 95% increased their ability to build rapport quickly with others. 100% increased their ability to understand how others process information and modify their communication to connect with others. 100% evaluated Paul and Carol's facilitation of the session as good or excellent.

Additionally, Paul co-facilitated with an Extension colleague from Waukesha County two Real Colors® workshops for 33 Waukesha County Health Department employees. The Waukesha Extension colleague became a Real Colors® certified facilitator earlier this year and this was their first time facilitating the workshop. Through co-facilitation, Paul was able to demonstrate best practices in teaching this program.

POSITIVE YOUTH DEVELOPMENT

Ron Jakubisin | 262-335-4481

Ron taught two leadership workshops for youth. The **Application and Interview Workshops for Youth** for middle school youth and a second workshop of the same title for the high school-aged youth. The workshops were interactive, informative and activity-based and gave youth tips and practice in preparing an application; be it an application for an award, scholarship, or volunteer position. The workshops attendees also practiced interview skills and effective communication. The high school workshop added information on resume styles and writing an effective cover letter.

As a result of the Ron's middle school workshop, 100% of participants reported they "learned something new," "tried something new in the session" and "had fun in this session." Evaluation results for high school population not tabulated in time for this report.

There was verbal feedback that the high school content about resumes is covered in some high school classes. Ron will investigate how schools are teaching this and use information to streamline this workshop for future offerings.



Extension

UNIVERSITY OF WISCONSIN-MADISON
WASHINGTON COUNTY

Program Highlights October 2019



Extension - Washington County
333 E. Washington Street - Suite 1200
West Bend, WI 53095
Phone: 262-335-4477 - Relay: 711
Fax: 262-335-4863
<http://washington.extension.wisc.edu>

UPCOMING EVENTS

OCTOBER

- Wed., Oct., 2nd** **VIP-Volunteers in Preparation training**, Washington County Fair Park, Ziegler Building, 6-8 pm
- Mon., Oct., 21st** **Taking Care of You (2 pt series)**, United Way Resource Center, 1121 E. Sumner St., Hartford, 6-8 pm
- Sat., Oct., 26th** **4-H Achievement & Recognition Night**, Washington County Fair Park Pavilion, 6:00 -8:30 pm
- Mon., Oct., 28th** **Taking Care of You (2 pt series)**, United Way Resource Center, 1121 E. Sumner St., Hartford, 6-8 pm
- Tue., Oct. 29th** **VIP-Volunteers in Preparation training**, Washington County Fair Park, Ziegler Building, 6-8 pm

NOVEMBER

- Tue., Nov., 5th** **Rent Smart**, Public Agency Center, Room 1113 A&B, 1:30-4:00 pm
- Thu., Nov., 7th** **Rent Smart**, Public Agency Center, Room 1113 A&B, 1:30-4:00 pm

LAND USE & PLANNING COMMITTEE

(Extension Oversight Committee)

Jeffrey Schleif-Chair

Brian Gallitz

Joe Gonnering

Roger Kist

Keith Stephan

Area Extension Director

Cindy Sarkady

"Extending the knowledge and resources of the University of Wisconsin to people where they live and work."

EDUCATIONAL PROGRAMMING

AGRICULTURE EDUCATION

Steph Plaster | 262-335-4477

Twice a year, the Eastern Wisconsin farm management Extension educators host the **Farm Management Update** in Kimberly. The meeting is attended by ag professionals, including attorneys, accountants, local and state agency staff, lenders, and consultants.

Stephanie led the session on the WI Dairy Task Force 2.0 final report & recommendations. She arranged for three area farmers, part of the task force, to speak on their experiences, takeaways from the process, and how it will impact them locally. The farmers were from Fredonia, Cedar Groove, and Eldorado. The panel was well received and did a great job.

Post-program evaluations from the conference showed participants (N=60) increased their knowledge and level of understanding about the recently completed WI Dairy Task Force (+64%); USDA Ag Census trends for NE WI (+46%); opportunities with dairy beef (+43%); area crop production update (+39%); a new dairy revenue protection insurance program (+34%), and dairy market price outlook for 2019-20 (+26%).

4-H YOUTH DEVELOPMENT

Amy Mangan-Fischer | 262-335-4478

Welcoming New 4-H Volunteers: Washington County 4-H enrollment is now open for the 2019-2020 year. Each year all youth and volunteers must re-enroll. It is also the perfect time for new adults to begin volunteering with 4-H!

One of the steps in becoming an adult volunteer is attending an in-person volunteer training with Amy Mangan-Fischer, 4-H Program Coordinator. This training provides volunteers with the expectations of volunteers, steps to create a safe learning environment, and the essential elements of 4-H as a positive youth development program.

In 4-H, youth gain confidence, connection and competence through youth-adult partnerships. A 2018 North Central Region 4-H Volunteer Impact Study found that volunteers also benefit from this partnership! "Volunteers gain skills in teaching, leadership and communication." In the study, **86% of volunteers said they gained skills through their 4-H volunteer experience that they could use in areas outside of 4-H.** Interested in volunteering? Please contact our office!

HUMAN DEVELOPMENT & RELATIONSHIPS

Carol Bralich | 262-335-4479

In partnership with the **Washington County Family Center**, Carol facilitated a series of Triple P (Positive Parenting Program) parenting seminars at the Family Center in West Bend. The first workshop in March, provided an opportunity for parents (6 participants) to explore positive parenting techniques, using the "Power of Positive Parenting" Seminar. The core principles include having a safe and positive learning environment, using assertive discipline, having realistic expectations, and taking care of yourself as a parent.

The second seminar (11 participants), "Raising Resilient Children" focused on 6 building blocks for success which include recognizing and expressing feelings appropriately and developing coping skills in stressful situations for children.

The third seminar (8 participants), "Raising Confident, Competent Children," emphasized techniques to foster good communication and social skills, problem solving skills and independence. Parents stated: "small groups made it more comfortable to ask questions" and "knowing that other parents have same issues."

NUTRITION EDUCATION (FoodWise/SNAP-Ed)

Renee Vertin | 262-335-4841

Sept. marks the 7th year in which FoodWise (FW) has participated in **United Way's** Campaign Against Hunger. Renee prepared 3 recipe versions using sample packages of the soup product; coworkers rated the tastings, and the most popular was selected for inclusion in the FW-designed handout. **Pantries** and **other agencies** provide to their clients 16,000+ meal packages & copies of these handouts (which lists add-ins to enhance the soup's nutritional content, & tips for food prep/storage).

A 4-session series was completed in July by Renee for Pre-Voc Trainees of **The Threshold Inc.** The group participated in this FW project's first-ever digital evaluation by using an online, public link (QR code & URL generated by PEARS, a data management tool for **28 SNAP-Ed and Extension states**). Five learners input the 3rd set of their evaluation responses with electronic devices. The 2-month follow-up data provides even stronger evidence of the positive behavior changes linked to the FW series.

